

**ABSTRACT**

The invention relates to a home trainer designed  
5 to accommodate a bicycle, comprising a brakable drive roll  
incorporated in a frame, which can be mounted in a  
friction coupling with a driven wheel of the bicycle. The  
frame is provided with a sub-frame that is rotatable about  
a first pivoting point, the drive roll being mounted in  
10 the sub-frame. The frame is further provided with a handle  
rotatable about a second pivoting point, which is  
adjustable between an operational position wherein the  
handle pushes the sub-frame towards the wheel such that  
the drive roll and the wheel maintain the friction  
15 coupling, and a neutral position wherein the handle  
releases the sub-frame such that the drive roll and the  
wheel do not engage